

Help your *picky eater* thrive.

Practical support for less stress
and more mealtime wins.

You're
not alone –
we can help.



♥ Better eating. Happier days. Stronger families.



Does any of this sound familiar?

You're not alone. Many parents of preschoolers face daily challenges like:



PICKY EATING

The same few
foods on repeat
with little variety.



UNEATEN LUNCHBOXES

You pack it,
they don't eat it.



WASTED FOOD

So much time,
money and energy
goes in the bin.



WORRY ABOUT PACKAGED FOODS

Concerned they're
eating nothing but
processed foods.



MELTDOWNS AT THE DINNER TABLE

Stress, refusals and
tears can take over
mealtimes.



It doesn't have to be this hard. Small steps can lead to big changes.



Hi, I'm *Tracy Davies*

REGISTERED NUTRITIONIST & FEEDING THERAPIST

I support preschoolers and their families to overcome picky eating, sensory sensitivities and mealtime challenges.

With a warm, practical approach, I help your child build confidence with food and create calmer, more enjoyable mealtimes.

- ♥ Evidence-based strategies
- ♥ Individualised support
- ♥ Family-focused
- ♥ Realistic and practical
- ♥ Compassionate care

HOW I CAN SUPPORT YOU



IN-CLINIC FEEDING & NUTRITIONAL THERAPY

1:1 sessions using practical,
evidence-based strategies,
hands-on food experiences and
mealtime support.



ONLINE PICKY EATER PROGRAMS

Step-by-step programs for
parents to confidently support
their child at home, with easy
strategies, resources and
ongoing guidance.



PARENT WORKSHOPS & PRESENTATIONS

Practical, uplifting workshops
packed with strategies for schools,
kindergartens, groups and
community events.

Let's make
mealtimes easier –
together.



Scan the QR code
to visit my website
and find out how I can
help your child thrive
at mealtimes.



- ♥ More confidence with food
- ♥ Less stress at mealtimes
- ♥ Happier days for
your family